Sliders in the spotlight

A new taste for summer with mouth-watering trimmed pork tenderloin and mushrooms between miniature buns PAGE 11

SPEED 2

- WATCH USAIN BOLT'S CRUISE CONTROL AS HE RACES TO DEFEND HIS 200M TITLE: 1:55 P.M. ON CTV
- CANADA'S MASCOT @ CDNOLYMPICMOOSE HAS HIS HEARING BACK! VISIT METRONEWS.CA FOR THE DEETS

REGINA metro®

Thursday, August 9, 2012

News worth sharing.

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HEAVY MEDAL THUNDER

PAGES 13 AND 14

Wrestler Carol Huynh, left, whoops it up after winning a bronze-medal match against Isabelle Sambou from Senegal at the London 2012 Olympic Games on Wednesday. But that wasn't Canada's only medal Wednesday. Adam Van Koeverden, centre, stroked his way to a silver in the 1,000-metre kayak-single event at Eton Dorney in London. Mark Oldershaw, right, also competed at Eton Dorney, and in this photo he looks to the heavens after receiving the bronze medal he won in the men's 1,000-metre canoe-single final. FIRST TWO PHOTOS: STEVE RUSSELL/TORSTAR NEWS SERVICE THIRD: SEAN KILPATRICK/THE CANADIAN PRESS

Housing cuts denounced

The Federation of Saskatchewan Indian Nations says cuts to an on-reserve social housing program will hurt PAGE 2

Giving it their all in green

We look at five Riders who have been instrumental in the team's winning record so far this season PAGE 3

No Facebook? For shame!

Those who rebuff social media networks are being labelled as misfits by some who just don't understand why PAGE 4

A fest for all kinds of folks

The Regina Folk Festival gives local artists the chance to be featured alongside marquee names like Shad and Stars PAGE 7

JLo hits back at ex-driver

The singer, the target of a lawsuit by her former driver, has served up her own $20M-plus extortion countersuit PAGE 8

Braiding 411

A stylist offers a step-by-step tutorial for getting the perfect braided crown PAGE 9

NEWS 1

Cuts to social housing program 'incredible': Aboriginal group

Call for stable funding. Federation says money for long-term subsidies has been cut by 30 per cent in Saskatchewan

The Federation of Saskatchewan Indian Nations says housing cuts will impact the standard of living in communities which are already below the poverty line. JANE CAULFIELD/METRO

A group representing 74 First Nations in Saskatchewan is denouncing cuts to an on-reserve social housing program.

The Federation of Saskatchewan Indian Nations says the Canada Mortgage and Housing Corp.'s budget for the program has been cut 30 per cent in the province to $18.7 million from $26.2 million.

"This is a crisis. Housing cuts will impact the standard of living of our communities which is already well below the poverty line," federation vice-chief Morley Watson said in a news release.

"What's needed is a stable, reasonable, multi-year funding so that First Nations can plan ahead instead of the current approach."

Under the program, the housing corporation allocates funding for long-term social housing subsidies.

The federation says 159 units were committed through the program in 2011-12. But this year, it says, the national housing agency estimates 88 units will be built in the province — a drop of 45 per cent.

The federation says there is a shortage of 11,000 homes on reserves across Saskatchewan.

One official pointed to the CMHC's 2011 annual report, in which the agency said that aboriginals living on reserves generally face poorer housing conditions than Canadians in general. That report said that based on the 2006 census, 52 per cent of on-reserve households live below adequacy and suitability standards.

The federation also says "it seems incredible" to make cuts to the program given the humanitarian crisis last fall on an Ontario reserve. THE CANADIAN PRESS

Quoted

"This is a crisis. Housing cuts will impact the standard of living of our communities which is already well below the poverty line."

Morley Watson, vice-chief of the Federation of Saskatchewan Indian Nations

Stabbing in Mexico shouldn't deter travellers, agent says

Vacationers are on heightened alert after the stabbing death of Regina resident Duane Joseph Lang, in Puerto Vallarta in late July. GETTY IMAGES FILE

Following the release of gruesome details surrounding the stabbing death of a Regina man in Puerto Vallarta, a travel industry veteran says the incident shouldn't keep vacationers away from Mexico.

Police in Puerto Vallarta confirmed Tuesday that Duane Joseph Lang, 46, was stabbed 23 times in his apartment in late July.

But Julie Zerebeski, co-owner of Travel Masters in Saskatoon, said travellers shouldn't be too worried about the stabbing, saying it's likely an "isolated incident."

"It all depends whether or not they're going to be at an all-exclusive resort or if they're going to be in a location that has the issues happening," said Zerebeski.

"He could have been at the wrong place, the wrong time, who knows what he could have been involved with, it's very hard to discount the whole country of Mexico because of isolated incidents," she said.

Ervin Ausmus, a resident of Leader, Sask., who owns a timeshare in Cancun, said the recent stabbing makes him wary, but explained that even prior to the incident he was cautious and didn't travel outside of his timeshare complex for "safety reasons."

"We stay inside of our hotel as much as we can. We don't go out on excursions anymore — we used to, but not anymore," said Ausmus.

When asked if people will be hesitant to travel to Mexico as a result of the stabbing, Zerebeski said she thought it was unlikely. "Possibly some people will be nervous and they will choose other destinations," she said, but noted she hasn't had anyone cancel or change plans to travel to Mexico since the incident.

"It's still a fabulous getaway and a fabulous destination," she added. MORGAN MODJESKI/METRO IN SASKATOON WITH FILES FROM THE CANADIAN PRESS

Mobile news

Remember Obama Girl? Meet Romney Girl, the sexy fictional character whose eponymous song lambastes the Republican candidate's wealth and overseas tax shelters. Scan the code to watch the video.

Rare disease. Province to cover pricey treatment for three-year-old girl

The Saskatchewan government has agreed to pay for treatment for a three-year-old girl with a rare metabolic disease.

Violet Revet of Langenburg is one of only nine people in Canada who has Mucopolysaccharidosis VI. The disease has no cure and the longer she goes without treatment, the shorter her life span will be.

Andrew McFayden's son, Isaac, was diagnosed with the disease in 2005. McFayden, of Campbellford, Ont., was told Isaac would only have seven or eight years to live.

That was before doctors realized a treatment was making the rounds in the United Kingdom and the United States — a synthetic enzyme known as naglazyme that acts as a replacement in the body.

Isaac could get access to it under a special access program but the drug wasn't covered in Ontario.

Campaign for Violet

- Violet's case had prompted many supporters to flood Premier Brad Wall's Twitter account with pleas for the funding, and Wall asked the ministry to look into the matter. On Wednesday the approval came through.

It took McFayden eight months of lobbying before the provincial government agreed to pay for it at a cost of about half a million dollars a year. "It's a very devastating condition," said McFadyen, whose eight-year-old son goes to Toronto for regular treatments.

McFadyen has said that while the treatment is not a cure, it will keep the children alive while efforts to find a cure are made. CJME/THE CANADIAN PRESS

Despite the team's recent struggles closing out games, the Riders still sit on a winning record of 3-2.

JEFF MACKEY/METRO
jeff.mackey@metronews.ca

5 Riders making a difference

Corey Chamblin
COURTESY OF SASKATCHEWAN ROUGHRIDERS FOOTBALL CLUB

1 Chamblin blows away the critics

Corey Chamblin's first season as head coach of the Riders has exceeded many critics' expectations. Thanks to Chamblin, the Riders are decidedly different this year in name, attitude and performances from the Riders of yesteryear.

5 Rookie leads the pack

Linebacker Abraham Kromah is leading the Riders with 31 tackles so far this year. Kromah is an excellent example of a Rider who has excelled in his first season in the CFL.

Abraham Kromah
COURTESY OF SASKATCHEWAN ROUGHRIDERS FOOTBALL CLUB

Darian Durant
GEOFF ROBINS/THE CANADIAN PRESS

2 Durant defies the odds

After a rocky 2011 Darian Durant entered the season under a magnifying glass, but it would appear that Durant is turning things around. He has thrown 106 completions for a total of 1,364 yards and eight touchdowns.

3 Speedy reliability for the Riders

Weston Dressler leads the Riders with 429 receiving yards so far this year. The Riders will be banking on Dressler's reliability and speed to keep the receiving core lethal this season.

Weston Dressler
COURTESY OF SASKATCHEWAN ROUGHRIDERS FOOTBALL CLUB

4 Rushing for success

Kory Sheets has been a success so far in his first year as a CFL running back. He has already rushed for 362 yards in his first five games earning six touchdowns for the team.

Kory Sheets
COURTESY OF SASKATCHEWAN ROUGHRIDERS FOOTBALL CLUB

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Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Sunday, September 30, 2012
Participate. Donate. Volunteer.
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Canadian Breast Cancer Foundation

CIBC FOR WHAT MATTERS.

(†) Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC. For what matters." is a TM of CIBC.

Watch out, he's not on Facebook

Suspicious minds. By not joining the social media giant, you may face a troubling question: Are you hiding something?

So you're not on Facebook? Oh, dear …

Be prepared to be labelled a misfit — or worse.

A German newsmagazine quotes a psychologist as saying the slim social media presences of accused killers Norwegian Anders Behring Breivik and Colorado theatre gunman James Holmes were suspicious.

"Not having a Facebook account could be the first sign that you are a mass murderer," is how news site slashdot summed up the report.

But an immediate concern may be the weight placed on Facebook by employers. Some see it as a tool to vet potential employees.

"I've heard both job seekers and employers wonder aloud about what it means if a job candidate doesn't have a Facebook account. Are they hiding something?" asked a Forbes.com writer.

And the dating game tells a similar story.

Slate advice columnist Emily Yoffe told one woman: "I'm fine with people not having a Facebook page if they don't want one. However … if you meet someone who you are about to go to bed with, and that person doesn't have a Facebook page, you may be getting a false name. It could be some kind of red flag."

TORSTAR NEWS SERVICE

Quoted

"Facebook really is the way that you vet folks."
Sidneyeve Matrix,
Queen's University media professor

Punk, pumped and proudly anti-Putin

Nadezhda Tolokonnikova, of the punk band Pussy Riot, pumps her fist in defiance before a court hearing in Moscow on Wednesday. Members of the all-girl band were charged with hooliganism for staging a "punk prayer" against President Vladimir Putin. A judge wrapped up the trial Wednesday, saying she would issue a verdict next week. Celebrities worldwide — including Madonna and The Who's Pete Townshend — have supported the band. NATALIA KOLESNIKOVANATALIA/GETTY IMAGES

Honeymoon murder

A 25-year term for killing a bride

One of two South African men accused of being hired by a British newlywed to kill his Swedish bride pleaded guilty Wednesday to his involvement in the slaying.

He received a 25-year prison sentence after promising to co-operate with prosecutors.

Mziwamadoda Qwabe admitted kidnapping, robbery, murder and illegal possession of a firearm in the Western Cape High Court over the 2010 killing of Anni Dewani.

The Dewanis were honeymooning in South Africa.

Anni Dewani's body, with a gunshot wound in the back of the neck, was found in an abandoned taxi in Cape Town.

Dewani's husband, Shrien, denied he hired anyone to kill his wife and was allowed to leave for the U.K..

In March, a U.K. High Court ruled it would be "unjust and oppressive" to extradite him to South Africa, as his mental condition had worsened.

THE ASSOCIATED PRESS

Olympic tweets

All a-Twitter over lost moose ears

Canada's mascot in the Olympic village in London rejoiced on Twitter after recovering its missing ears.

The shiny red moose standing guard by the door of the Canadian delegation's building at the athletes' village recovered the ears that went missing over the weekend.

The mutilated mascot complained on Twitter after the incident, but apparently it was all a misunderstanding.

"Even I make Moose-takes. Ears not stolen; just borrowed. Now I can hear the @CDNOlympicTeam sing O Canada again!" the bilingual Canadian Moose tweeted in its characteristic tongue-in-cheek style Wednesday.

The Canadian Moose and its Twitter handle have quickly turned into favourites among Canada's athletes in London.

Tennis player Milos Raonic and members of the rhythmic gymnastics team are just some of the athletes who have posted their photos with the mascot to Twitter.

Gymnist Katrina Cameron tweeted her photo with a teammate kissing the mascot.

THE CANADIAN PRESS

Dog days in a flooded city

It's every man for himself in the flooded streets of San Juan, north of Manila, Philippines, on Wednesday. And man's best friend — on the left of the photo — seems to be going all out to save himself, too. Widespread flooding from monsoon rains have paralyzed Manila and other areas. Rescue efforts were focused on the many distressed residents who were marooned on their rooftops. JOHN JAVELLANA/THE ASSOCIATED PRESS

Greenhouse gases. Kent pledges a big new push to meet 2020 deadline

Confronted by a looming 2020 deadline for curbing greenhouse gas emissions, the Harper government will ramp up its efforts to reduce climate change pollutants, Environment Minister Peter Kent said Wednesday.

Kent made the commitment as he announced that Canada has reached the halfway mark toward meeting its target for cutting emissions from 2005 levels.

Critics, however, say the Conservative government is overstating its accomplishments and understating just how much work is left to be done.

"After six years in power, the federal government's policies still leave a huge gap between where Canada's greenhouse gas emissions are headed and the government's promise to reduce climate pollution," said P.J. Partington, a policy analyst with the Pembina Institute's climate change program.

Kent acknowledged that much of the reduction to date has been the result of the combined efforts of environmentally conscious consumers and actions taken by provincial governments.

Canadians are buying more fuel-efficient vehicles and the provinces and territories have been finding ways to encourage both individual Canadians and businesses to use less energy.

But the minister said Ottawa will be stepping up to the plate in the coming months and years to regulate high-emitting industries.

"We do recognize that the provinces have played a part (in reducing emissions)," Kent said.

"But the federal government has played its part and will over the next eight years assume an even larger part."

The government is also in talks with the oil and gas sector with the expectation of introducing regulations for the oilsands by some time next year, Kent said.

Under the Copenhagen Accord, Canada had committed to cutting greenhouse gas emissions by 17 per cent from 2005 levels by 2020.

THE CANADIAN PRESS

Quoted

"When it comes to federal policies, little to no progress has been made towards their weak goals."
Dr. Christian Holz,
Climate Action Network Canada

Alcohol

World's appetite for beer increases

A new report says the world's appetite for beer hit a new high last year, with China leading the way.

The report released Wednesday said it was the 27th consecutive year that beer production marked an increase. THE ASSOCIATED PRESS

Low-cost carrier

Air Canada predicts sustained profits

Air Canada says it is on the runway toward achieving the promise of sustained profits as it pursues new pension relief, aircraft maintenance savings and a plan to launch a low-cost carrier next year.

Details of the plan to start the new carrier are still being formulated, but the country's largest airline said Wednesday that arbitrated labour agreements, especially one with its 3,000 pilots, provide it with the necessary flexibility to pursue the endeavour.

Air Canada lost $96 million in this year's second quarter, more than double the $46 million it lost in the same period a year earlier and more than analysts had expected. THE CANADIAN PRESS

New York-Israel

Fare mistake creates ticket run

A three-hour mistake that drastically lowered round-trip airfare between New York and Israel created a run on tickets. At least 5,000 tickets were purchased Monday after El Al posted fares for $400, down from $1,600. THE ASSOCIATED PRESS

Major airports

Canada's language watchdog going undercover

Canada's bilingualism watchdog is going undercover at eight major airports to see if travellers are served equally well in English and French.

Official Languages Commissioner Graham Fraser says his office will conduct more than 1,500 anonymous observations this fall at airports in Halifax, Quebec City, Montreal, Ottawa, Toronto, Winnipeg, Edmonton and Vancouver.

He says audits of some of those airports have been done in the past, but this will be the first time so many are done at once. THE CANADIAN PRESS

Court orders Tories to find new arbitrator

Labour dispute. Canada Post's biggest union learns via Facebook of Guy Dufort's ties to Conservative party

The Federal Court has ordered the Harper government to find a new arbitrator in a lingering dispute between Canada Post and its biggest union.

In a decision released Wednesday, the court said arbitrator Guy Dufort's previous work for Canada Post and history as a Conservative candidate in Quebec casts doubt on his impartiality.

"In light of the unique context of labour relations and the special law, the court concludes that a reasonable and sensible person might worry that the arbitrator is biased because of these two reasons," says a summary of the decision.

The union says Dufort's Facebook page contained links to Conservative groups under the "activities and interests" section, and he was "friends" on the social networking site with both Labour Minister Lisa Raitt and Tory MP Steven Fletcher, the junior minister responsible for Canada Post. THE CANADIAN PRESS

Market Minute

DOLLAR 100.54¢ (+0.29¢)

Natural gas: $2.933 US (-3.1¢)
Dow Jones: 13,175.64 (+7.04)

TSX 11,781.04 (-82.46)

OIL $93.35 US (-32¢)

GOLD $1,616 US (+$3.20)

A house "sold" sign in Oakville, Ont., July 23, 2012. Scotiabank says the Canadian housing market is beginning to cool, especially in what has been the red hot markets of Toronto and Vancouver. RICHARD BUCHAN/THE CANADIAN PRESS

Canadian home prices expected to drop slower than U.S., Europe

Canadian home prices are likely to decline 10 per cent over the next two to three years, before facing a period of "prolonged" softness in both prices and sales, says a new report from Scotia Economics.

"The correction will be concentrated in the Toronto and Vancouver markets, where supply risks and affordability pressures have the potential to trigger larger price adjustments," says the report by Scotia bank's Global Economic Research Group.

Pent-up demand for housing has been "effectively exhausted" by the decade-long housing boom which has seen home ownership reach record levels, the report notes.

That, combined with tighter lending rules that have made affordability more of a challenge, high household debt and the inevitable increase in historically low interest rates are all adding to the "downside risks" of housing activity going forward, Scotia economists say.

But "Canada's housing market is expected to avoid the sharp downturn witnessed in the United States and Europe," it says, noting that "Canadian household balance sheets remain in reasonably good shape." TORSTAR NEWS SERVICES

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SIGNALLING AN END TO CYCLISTS' CAMARADERIE

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I am a rogue of sorts. A self-loather, perhaps. A traitor to my own people.

I ride a bicycle, and I hate cyclists.

It's a moral quandary, to be sure. Since there's apparently a war between bikes and cars, I am a king without a country. I kickstand alone.

It's tough, but I have little choice in the matter. Experience has taught me that many cyclists do not know the rules of the road. In fact, I'm not confident that most cyclists know there *are* rules of the road.

This makes every bike ride I take an emotional roller-coaster.

Two directions

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity.

At first, I'm happy. This stage lasts a good 15 seconds.

But then I start to tense up like a child with divorcing parents, because I know there's going to be yelling.

And, sure enough, sometime within the next few minutes I'm barking at someone, usually a "fellow" cyclist. Despite my shrieks, it never seems to get any better. I guess I'm not yelling properly.

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity. Can you imagine if a car moved into a bike lane and honked at a cyclist to move? The Car vs. Bike War would go to DEFCON 1.

As history and J.J. Abrams have taught us, it's human instinct to hate The Others because you don't know their perspective and therefore assume the worst. But to me it makes more sense to hate The Sames because I'm well aware of their perspective and don't understand why they aren't as good as me.

I'm not a great cyclist by any means, but it isn't exactly a high bar to jump over. No BMX skills required.

And when confronted with their lack of skills or knowledge, most cyclists give one of two infuriating answers.

1. "The chances of me hurting anybody by breaking the rules are much less than if a car did it." This is equivalent to saying, "Yeah, I punch stuff randomly, but imagine if I had a baseball bat. That'd be crazy."

2. "Motorists wouldn't know what to do if I signalled properly and followed the rules anyway." At which point I have to get my helmet replaced because I've slammed my head repeatedly against a table.

It hurts me to say it, but I hate you, bad cyclists. I don't know where we took a wrong turn, but I'm sure you didn't signal it.

So our friendship must now come to a full stop. Then again, I guess you don't know what that is.

I know following the rules of the road is tough, but someone has to do it.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Record heat tough to shake off

THE IDAHO STATESMAN/DARIN OSWALD/THE ASSOCIATED PRESS

Hot hot heat

U.S. saw warmest July in more than 100 years

Teagan Rogers, 10, enjoys a splash of cool water at Borah Pool Tuesday in Boise, Idaho.

This probably comes as no surprise: U.S. scientists say July was the hottest month ever recorded in the Lower 48 states, breaking a record set during the Dust Bowl of the 1930s. THE ASSOCIATED PRESS

Global warming

"This would not have happened in the absence of human-caused climate change."

Michael Mann
Pennsylvania State University climate scientist

Dust Bowl record broken

- In the past, skeptics of global warming have pointed to the Dust Bowl to argue that recent heat isn't unprecedented.
- But climate scientist Jake Crouch, of the National Oceanic and Atmospheric Administration, said this shows that the current year "is out and beyond those Dust Bowl years. We're rivlaling and beating them consistently from month to month."

Average temperature

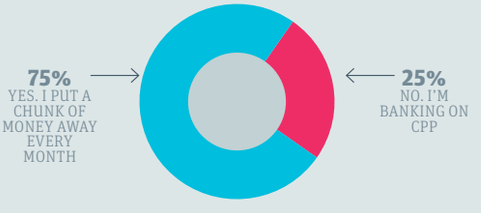
25 C

The average temperature last month was 25 C. That breaks the old record from July 1936, according to the National Oceanic and Atmospheric Administration. Records go back to 1895.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you saving for retirement?



Twitter

@jennawinterhalt: Back in good ol' sask! Hello prairies and good drivers!!

@Emma_Mitchell1: September 10th 2010 7pm Regina sask. best day of life.....another coming... October 16th 2012 7pm!!! @justinbieber see you soon!!

@taroncochrane: Happiness #1. Planning for BreakOut West 2012 is rolling along - the music you are about to hear in YQR is awesome! http://www.breakoutwest.ca

@kenzie_kulcsar: What a swish day! Just ran into @myMatysio @salon306 . Love #yqr

@jaydubs75: The leg grounds looks amazing at #yqr! #prettycity #goodwork

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Folk fest the bestest: Director

A crowd packed into Victoria Park during the 2011 Regina Folk Festival. The 2012 festival kicks off Aug. 10 and runs through Aug. 12 at Victoria Park. SUPPLIED/TJ WIEST

Regina Folk Festival.
Local talent showcased alongside the big guns

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

Sandra Butel, artistic director of the Regina Folk Festival, may not know what it's like to have a typical festival experience, but she does know how to enjoy what she calls the best weekend of the year.

"I totally don't have an audience member experience. I don't even know what that looks like anymore, but my experience is like having a giant birthday party, and all your friends come, and everybody is really happy, and they've worked on it for the whole year," said Butel. "It's a fantastic experience for me."

Aside from the great food and arts vendors, Butel and the rest of the staff at the Regina Folk Festival strive to bring new and exciting music to Regina each year.

"There's an opportunity here for people to discover music that they never have before, and I think that is usually the biggest effect that the festival has," said Butel.

"You come to see the headlining artist, and you walk away having discovered a whole bunch of music. I think that there's so much wonderful music out there, so our ability to be able to pass that along and share that with people has not only a powerful effect on the artists' careers, but also on what people are listening to and how open people's musical ears are."

And it's these artists who become the favourite acts for Butel at the festival each year.

"For me, it's always those artists that people discover. I mentioned Cold Specks and Elage Diouf ... it's always those moments when the audience connects with the artist on stage that are most enriching for me."

Along with providing an outlet for new music, the Folk Fest also brings in local talent to showcase alongside bigger names like Shad or Stars.

"It's really important to profile the talent we have in Saskatchewan. We never present anybody that we don't think is ready to show themselves up against people like Emmylou Harris or Shad or whoever else is up on stage," said Butel.

"It's a great opportunity for Saskatchewan artists who are ready to show what they can do and have a really warm and receptive audience."

Quoted

"It's always those moments when the audience connects with the artist on stage that are most enriching for me."
Sandra Butel, artistic director

SCENE2

On the web

Madonna dons ski mask in Moscow to show support for jailed punk band Pussy Riot

NEED A RIDE?
Read metrodrive every Wednesday.

Rupert Sanders. GETTY IMAGES

Pulling a Pattinson? Sanders' wife spotted without wedding ring

Rupert Sanders has some serious regrets about his admitted affair with his Snow White and the Huntsman star, Kristen Stewart — especially since his wife, Liberty Ross, has been spotted out and about in Los Angeles with their two children but without her wedding ring. "Rupert is willing to do absolutely anything and everything he can to save his marriage. He realizes this is the worst mistake of his life, and he cannot believe he was so stupid," a source tells Radar Online. "The thought of losing his wife and children, who he loves more than anything in the world, is killing him."

Jennifer Garner. GETTY IMAGES

Baby No. 4 for Hollywood power couple? Not if Garner can help it

Jennifer Garner and Ben Affleck recently welcomed their third child, son Samuel, and there's apparently some disagreement in their house about whether or not their family is complete. "The fact that Ben wants another is true," Garner tells Extra. "I can tell you that would be a pretty uphill battle with me. I am not anticipating having any more kids." That makes sense, considering Garner's admission of how hectic baby No. 3 has made things. "It's absolute chaos," she says. "I really did not realize how much more work three was going to be than two."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

JLo: Oh, hell no!

THE WORD
Monica Weymouth
scene@metronews.ca

Hakob Manoukian, Jennifer Lopez's driver, recently filed a lawsuit against the singer, claiming that he was forced to resign after being publicly embarrassed by her manager.

But now, JLo has answered with a $20 million-plus extortion countersuit, claiming Manoukian demanded money to keep her secrets from the press, reports TMZ.

We can't help but wonder: How much do you pay your driver if you sue him for $20 million? And does writing a gossip column disqualify you for the job?

Pattinson speaks!

Robert Pattinson has been lying low ever since girlfriend Kristen Stewart's very public affair with director Rupert Sanders.

That said, he has a movie to promote, so next week he'll make his first appearance on the only show too classy to provide material for this column.

Catch Pattinson Monday on The Daily Show with Jon Stewart, where he'll talk about his latest film, Cosmopolis, before getting harassed on Wednesday's Good Morning America.

Madonna. GETTY IMAGES

Elton John trash-talks Madonna, but she isn't having any of it

Madonna has heard Elton John's expletive-filled criticism of her and her latest tour, and she isn't taking it lying down. "Ultimately, she doesn't care what he has to say about her in public or private. She has nothing to prove to anyone, especially Elton John," a source tells the Huffington Post. "To say her tour is a disaster is just silly. She is selling out arenas. (She's) singing new material and a few classic hits. (John) will be singing the same old songs until he dies."

Anne Hathaway as Catwoman. SUBMITTED

So what did Obama like best about the new Batman movie?

Barack Obama has seen the latest Batman movie, the Dark Knight Rises, and he knows which part he liked best: Anne Hathaway's Catwoman. "She's spectacular," Obama told reporters during a fundraiser hosted by Harvey Weinstein, according to Hollyscoop. "She was the best thing in it. That's just my personal opinion."

Twitter

@GarryShandling
I'm sure this is a little stupid, but have u noticed how amazing it is that you can't see the horses under the water in water polo?

@justinbieber
bball with the fellas today

@MissKellyO
My new favorite thing on earth is giving people the double thums up! They have no idea what to do & sometimes you get a nerves half thums up

@SandraBernhard
imagine if dogs could start speaking how much noise there would be on the street.

Handling hot summer hair

Get the look. With temperatures soaring, it's the perfect time to sweep the mop off our sticky necks and up into a dreamy design

TINA CHADHA
Metro World News in New York

We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-by-step tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

Tool of choice

- "Spray a dry shampoo — especially if you have fine hair — to your roots and mid length to add texture to your locks and for some more grip," says Balding.
- She likes Redken Powder Refresh ($8, redken.com).

Behold the finished product! METRO WORLD NEWS

1. Divide your hair into three sections: the front, the crown and the back. The finer the hair the thicker the sections need to be.

2. French braid the crown, braiding towards the right ear, and tie with a rubber band.

3. Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.

4. Once your front braid has reached the right side, connect it with the crown braid.

5. Braid them into the remaining hair. Make sure to braid right down to the very tip.

6. Wrap the braid going from the left to right around your crown and pin.

7. Use three pins on each side and one in the center to secure your braid.

8. As you go through, pull some pieces out at the root to make your braids chunkier.

Three for the road

Don't forget to pack these items for your August vacation

TINA CHADHA
Metro World News in New York

Malin + Goetz bug spray, $20

$20
malinandgoetz.com

WILL Leather Goods Carry All

$95, willleathergoods.com

Benefit Cosmetics Benetint Lip Balm SPF 15

$20, benefitcosmetics.com

ELLE 3

On the Web

Artist Yayoi Kusama sees the world in dots, collaborates with Louis Vuitton

Student style — on a budget

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I will be renting a room for the upcoming school year and I'd like it to be bright and fun without breaking the bank. Any ideas?
Jenna Carter, via email

The secret to creating a well-pulled-together room on a budget is to keep all the colours of furniture and accessories consistent in style and colour. Your goal is not to have any one item stand alone to be recognized as a lesser expensive item. I suggest using some bright colours to give your room a personality all its own. Your wall colour and window treatment should match; Olympic Paints' Mountain Stream is a green-blue colour that will create a peaceful environment yet vibrant enough to act as a backdrop to more vibrant colour choice for the furnishings and accessories.

Mountain Stream C-57-3 from Olympic Paints, Olympic.com. Neutralize and calm bold accessories with a soft green/blue paint colour.

ODDA bed frame with drawers, $179

Offers an elevated sleeping experience with deep drawer storage underneath. Designed by Inma Bermudez for Ikea.ca. Black and white.

Go Cart bright orange desk, $169

Metal office worker rolls into place on 4 commercial wheels -2 wheels that lock. CB2.com. Matching file drawer, $189.

BAHIA office chair, $120

Pneumatic height adjustment, tilt back and mesh ensures great comfort and colourful style. Structube.com.

Paper Medallion duvet cover, from $79

Geometrics and the season's hottest colours make for a fashionable dorm room. UrbanOutfitters.com.

Pop-up hamper, $10

Perfect for small spaces; folds for flat storage and opens in seconds. Holds up to two loads of laundry. BedBathAndBeyond.ca.

Blush table lamp, $50

Add a splashy trend colour to your room. UrbanBarn.com.

Bring rusted furniture back to life

On DIY Network's Turf Wars, two teams battle it out for $10,000 using the same batch of materials to transform their yards into spectacular outdoor spaces.

These awesome transformations inspire bringing rusted metal furniture back to life; so, before passing old metal furniture off as junk, put in some weekend DIY love and give your outdoor seating area a whole new look.

Follow the steps below to revive old outdoor metal furniture and be sure to trump any turf war.

Set up the work area
Place a drop cloth or large piece of cardboard over the floor to serve as your work area.

Be sure to have the right tools on hand before getting started including a stiff wire brush, sanding block, clean cloth, spray primer and spray paint. A clear spray lacquer can also be used to give the furniture a shiny finish.

It is always important to have safety glasses and a mask to protect from spray fumes.

Elbow grease
Inspect the furniture to see if there is any cracked or peeling paint and brush it off with the wire brush.

Once complete, use the sanding block to smooth out any rough spots while being careful not to scratch the metal.

Now that all the prep-work is done, it's time to bring the metal furniture back to life.

Prime
Wipe down the furniture using a damp cloth and allow to dry before applying the primer.

Put on safety glasses and the mask and apply the spray primer to the furniture using a continuous circular motion.

As a general rule, it's always best to apply very light coats of primer instead of drenching the metal. Let the primer dry overnight before applying any paint.

From old to new
Decide whether you want your furniture to make a fun, bold statement with a pink or green coat or whether you'd prefer a more classic white look for your outdoor space — there are many different colours of spray paint to choose from.

Apply the chosen spray paint using the same continuous circular motion used when applying the primer.

The best approach for this step is to apply many light coats of paint, letting each one dry before applying the next, until the desired colour is achieved; this should result in a smooth, even look.

Transform your outdoor space by reviving metal furniture. ISTOCK IMAGES

Once all coats have been applied, leave the furniture to dry overnight.

Apply the final protective coat of spray lacquer if you want a shiny finish to complete the look. What was old is now new!

TURF WARS AIRS WEEKDAYS AT 4 P.M. ET/1 P.M. PT ON DIY NETWORK CANADA

Pork and Mushroom Sliders grab the summer eats spotlight

1. Heat oven to 400 F. Blend sour cream and mustard in small bowl; cover and refrigerate. Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mixture in bowl with fork, mashing garlic. Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes or until internal temperature is 160 F. Remove from oven; let stand at least 10 minutes.

2. Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir 30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir for 5 minutes or until mushrooms are tender. Remove from heat; set aside.

3. Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if desired. **NEWS CANADA/INTERNATIONAL OLIVE COUNCIL**

Ingredients

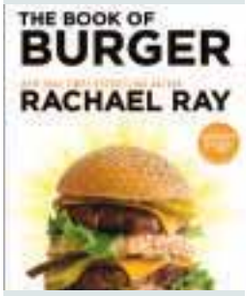
- 1/4 cup sour cream
- 2 tbsp coarse ground mustard
- 1 lb pork tenderloin, trimmed
- 5 tbsp extra virgin olive oil
- 2 large cloves garlic, divided and minced
- 1 1/2 tsp dried thyme leaves
- 4 cups finely chopped shiitake mushrooms
- 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Pork and Mushroom Sliders

This recipe makes 12 slides. NEWS CANADA

Cookbook of the Week

All hail The Book of Burger



Whether you're cooking for one or 100, Rachel Ray's The Book of Burger has you covered! Please 'em all with more than 200 recipes for burgers, sandwiches, hot dogs, fries, sliders, sloppies and more.

Start with Rach's Big Spicy Mac, tempting you from the book's cover, or go with the heavenly French Onion Dip Burger.

If beef isn't your thing, opt for bites such as Buffalo Turkey Burgers with Blue Cheese Dressing, Firecracker Deviled Corn Dogs, Italian BBQ Chicken Burgers, Lamb Burgers with Walnut and Feta Cheese Sauce, Bacon-Wrapped Potato Skins and more. **METRO**

Complement your BBQ bites with Spicy 'Creamed' Corn

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Creamed corn is thus named because it usually depends on cream for its creaminess. That's a problem for a couple of reasons.

The cream not only makes the dish too rich, it also tends to mask the flavour of the corn itself. Instead, this recipe uses pureed corn to achieve a silky richness without any additional fat. Caramelized onions add great depth of flavour, while the chili's heat and lime juice's acidity balance the sweetness.

Don't hesitate to finish the dish with just about any herb. Corn plays nicely with almost all of them.

1. Carefully cut the kernels off the ears of corn. To do this, one at a time stand each ear on its wide end and use a serrated knife to saw down the length of the cob. You should have about 6 cups of kernels.

2. In blender, combine 1 cup of the kernels and 1/2 cup of the broth. Purée until smooth.

3. In skillet over medium, heat the oil. Add onion and a pinch of salt, reduce heat to moderately low and cook, stirring occasionally, until golden, about 8 minutes. Add remaining corn kernels and another pinch of salt. Sauté 3 minutes. Add chili and puréed corn, then bring the mixture to a simmer and cook for 2 minutes.

4. Stir in the remaining 1/4 cup of chicken broth, the lime juice and basil. Season with salt and pepper, then simmer for another minute. **THE ASSOCIATED PRESS/ SARA MOULTON OF TELEVISION'S SARA'S WEEKNIGHT MEALS AND AUTHOR THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 10 to 12 ears fresh corn, husked
- 3/4 cup chicken broth, vegetable broth or water, divided
- 2 tbsp olive oil
- 1 medium yellow onion, finely chopped (about 1 cup)
- Salt
- 1 serrano chili, seeds and ribs discarded if desired, minced (about 1 tbsp)
- 1 to 2 tbsp fresh lime juice or lemon juice, to taste
- 1 tbsp shredded fresh basil or chopped fresh cilantro
- Ground black pepper

Bruschetta Burger. Add some pizzazz to your grilling experience

1. In a small bowl, combine tomato, Parmesan cheese, basil, garlic, vinegar and 5 ml (1 tsp) olive oil. Set aside.

2. Gently shape ground beef into 4 patties, 1 cm (1/2 inch) thick. Season burgers on both sides with seasoning.

3. Grill over direct medium heat (180 to 230 C/350 to 450 F), with the lid closed as much as possible, until the internal temperature reaches 160 C (325 F) for medium, 12 to 15 minutes, turning once.

4. Lightly brush both sides of sourdough bread with olive oil. Grill for 3 to 4 minutes, turning once, until bread is lightly toasted. Place each burger on a slice of bread; top with tomato mixture and remaining bread slices. **THE CANADIAN PRESS/WEBER GOURMET BURGER SEASONING**

Ingredients

- 1 tomato, chopped
- 30 ml (2 tbsp) shredded Parmesan cheese
- 30 ml (2 tbsp) chopped basil
- 1 clove garlic, finely minced
- 5 ml (1 tsp) balsamic vinegar
- 5 ml (1 tsp) extra-virgin olive oil, plus extra for bread
- 750 g (1 1/2 lbs) ground beef
- 15 ml (1 tbsp) burger seasoning
- 8 slices sourdough bread

SPORTS 4

Andy Murray of Great Britain serves against Flavio Cipolla of Italy on Wednesday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Murray's golden form continues

Tennis. British player back on court in Toronto days after topping Federer for Olympic title in London

Andy Murray of Great Britain has had no time to rest since winning the Olympic gold medal on Sunday.

But after doing extensive media interviews over the past few days, he was able to catch a flight to Toronto on Tuesday and played his first Rogers Cup match on Wednesday.

He had an easy time of it against Italy's Flavio Cipolla, winning 6-1, 6-3 but the degree of difficulty will soar on Thursday when he takes on Milos Raonic of Thornhill, Ont., in a third-round match. Raonic defeated Murray in the semifinals of the Barcelona Open nearly four months ago.

"Yeah, it will be tough," Murray said after Wednesday's match, his voice and body language showing that he was still tired. "He'll obviously be motivated playing in his own country. You know he's improved a lot over the last year, year and a half. He's playing really, really good tennis. Very big guy with a big game. Serves well and hits the ball very hard."

Murray has had a whirlwind schedule since beating Roger Federer at Wimbledon in straight sets to win gold.

"You know, it's just not when I finished the match and played the mixed (doubles). It doesn't end there," he said.

"I wasn't back at home until 2:30, did press for about two and a half, three hours after the match and the next morning started again at 8 for about another three, four hours."

Jo-Wilfried Tsonga of France admitted he was also tired after losing his opening match.

His 25-year-old countryman Jeremy Chardy, ranked 47th in the world, upset the sixth-ranked Tsonga 6-4, 7-6.

"I think it's not about my game," he said. "You know my game is my game. But I didn't have enough energy to move well."

Tsonga was coming off a gruelling Olympic experience where he won the silver medal in doubles and had a long, difficult match with Raonic that left him drained. THE CANADIAN PRESS

In Montreal

Wimbledon junior champion Eugenie Bouchard is through to the second round of the women's Rogers Cup.

- The 18-year-old from Montreal downed Shahar Peer of Israel 3-6, 6-2, 7-5 on Wednesday.
- Bouchard has been on a roll this summer, taking two $10,000 ITF events in Bastad before heading to Wimbledon, where she became the first Canadian to win a grand slam event at any level with a victory over Elina Svitolina in the final.

NHL

Flyers pad ailing blue-line by re-signing Bourdon

The Flyers re-signed defenceman Marc-Andre Bourdon to a multi-year contract extension on Wednesday, and agreed with centre Scott Laughton on an entry-level contract.

The news comes a day after Philadelphia's defence took another hit, when Andrej Meszaros underwent surgery to repair a torn Achilles tendon. Meszaros is out indefinitely.

Bourdon, 22, was selected by the Flyers in the 2008 third round. He made his NHL debut with the Flyers last season, posting four goals and seven points in 45 games.

Laughton, 18, was the Flyers' first-round selection in June. THE ASSOCIATED PRESS

MLB

Rangers charge back to claim victory in Boston

Adrian Beltre had a tiebreaking sacrifice fly in the ninth inning after Texas blew a late four-run lead and the Rangers beat the Boston Red Sox 10-9 Wednesday.

Josh Hamilton had three hits, a homer and four RBIs for Texas, which couldn't hold a 9-5 edge before pulling out its sixth win in eight games. THE ASSOCIATED PRESS

The Rangers celebrate Adrian Beltre's game-winning RBI on Wednesday. GETTY IMAGES

Mobile sports

Oxygen deprivation is part of life for synchronized swimmers. Canadian Marie-Pier Boudreau-Gagnon and partner Elise Marcotte spend about half of their free duet program underwater. Scan the code for the story.

Skinner latest deal in Canes' storm of activity

The Hurricanes signed Jeff Skinner to a six-year contract extension on Wednesday. AL BELLO/GETTY IMAGES FILE

The Carolina Hurricanes added to their flurry of off-season deals by awarding a long-term contract to forward Jeff Skinner.

Skinner signed a six-year contract extension worth more than $34 million that will keep him with the Hurricanes through the 2018-19 season, the team said Wednesday.

The winner of the Calder Trophy in 2011 as the NHL's rookie of the year will make $4.35 million in 2013-14 and $6 million in each of the following five seasons. His entry contract, which pays him $900,000 per year, was to expire after this coming season.

"I'm very grateful for them to select me in the draft, and obviously today, showing me the confidence to have me around long term," Skinner said. "It's definitely a nice message ... and hopefully, I can prove them right."

The 20-year-old Skinner has 51 goals and 56 assists in his short career, which began when Carolina took him in the first round of the 2010 draft. He made the team out of camp that season and was selected to the all-star team as a rookie before becoming the franchise's first Calder Trophy winner.

Last year, he had 20 goals and 44 assists despite missing 16 games with a concussion. THE ASSOCIATED PRESS

Eventful off-season

The Hurricanes already picked up forward Jordan Staal in a draft-day deal with Pittsburgh and signed him to a $60-million extension.

- Jordan's brother Eric is already locked into a long-term deal in Carolina.

Awesome day for Canada on Eton Dorney

Adam van Koeverden celebrates winning silver at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Canoe-kayak. Van Koeverden finds bright side in silver, Oldershaw buoyed by his bronze

Two friends with a ton of Olympic history made the canoe-kayak medal podium Wednesday.

Adam van Koeverden won silver in kayak, his fourth medal in three Olympics, in the K-1 1,000 metres. And training partner Mark Oldershaw, a third-generation Olympian, claimed canoe bronze in the C-1 1,000 metres.

Watching over both of them was proud coach Scott Oldershaw, Mark's father.

Van Koeverden, the reigning world champion, looked for the silver lining in silver. Oldershaw, who finished 10th in Beijing four years ago when nerves got the best of him, was bubbling over bronze.

"(It feels) very heavy and it's awesome," a grinning Oldershaw said of the medal around his neck. "And I'm going to wear it for a while."

After a blazing start, van Koeverden lost gold to friend and longtime training partner Eirik Veras Larsen of Norway in the final stretch.

Larsen, 36, was the 2004 Olympic champion and 2008 silver medallist in the K-1 1,000. He also won bronze in the K-2 500 in Athens.

Van Koeverden won gold and bronze at the Athens Games in 2004 and a silver in Beijing. The gold and silver came in the 500 metres — which has since been replaced by a 200-metre race — and the bronze in the 1,000. He was eighth in the 1,000 in 2008.

The 30-year-old from Oakville, Ont., admits Beijing was a hard pill to swallow. He had won a lot of races going into the 2008 Games and put a lot of pressure on himself.

But he has matured over the years. Any disappointment Wednesday was tempered by respect for his rivals and knowing that you can't win them all.

Still, van Koeverden showed his steely side when asked if he had come out too fast.

"I started the way I wanted to," he said. "I was super-comfortable. Going through the 500 I had tons of energy. It's not a case of a screwed-up race plan, this is a case of one guy in the whole world being better than me. And I can live with that.

"Seven billion people, one guy's better. It's OK."

The two Canadians won their medals in vastly different fashions.

Van Koeverden rocketed out of the start and held the lead until Larsen ran him down as the finish approached.

Oldershaw was a full second out of fourth place with 250 metres remaining but powered his way onto the podium. The 29-year-old from Burlington, Ont., may have got silver had it not been for fast-charging David Cal Figueroa of Spain. Germany's Sebastian Brendel won gold.

THE CANADIAN PRESS

By the numbers

4th

Van Koeverden's fourth medal takes him one past Caroline Brunet, making him Canada's most prolific canoe-kayak Olympian. His Games resumé includes being flag-bearer in 2008 and carrying the flag at the closing ceremonies in 2004.

Mark Oldershaw reacts to winning bronze in the C-1 1,000 metres at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

What's next?

Adam van Koeverden said he has "no idea" about his kayaking future.

- "I don't feel like I'm done paddling. But I need some time away for it to know for sure," said Van Koeverden.
- For his part, Mark Oldershaw says he plans to keep competing.
- "I think so. I had the best time of my life here so I don't know why I would want to stop," he said.

Quoted

"This is one of the bronze medals that means almost as much as a gold."

Scott Oldershaw on his son Mark's medal. Grandfather Bert Oldershaw finished fifth at the 1948 Games in London and went on to compete at two more Games. Scott competed in Los Angeles in 1984, while uncles Dean (Munich, 1972) and Reed (Montreal, 1976) were also Olympians.

Huynh battles to bronze with fortuitous clinches

Canada's Carol Huynh won a bronze medal in freestyle wrestling at the London Olympics on Wednesday while teammate Martine Dugrenier came up just short in her bid to reach the podium.

Huynh, the 2008 Olympic champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. The Calgary wrestler won tie-breaking clinches after each of the two scoreless rounds.

She said she was elated with the win.

"I didn't want it to end in two clinches but you know what, I'll take it," Huynh said. "I wanted that bronze medal."

About a half-hour later, Dugrenier lost to Battsetseg Soronzonbold of Mongolia in the bronze medal bout at 63 kilograms. Soronzonbold stuffed Dugrenier's attacking attempts and outscored her in both rounds.

There was very little actual wrestling in Huynh's last match as the grapplers spent most of the bout clutching and grabbing. After drawing the offensive position in both clinches, Huynh scored early on both occasions to take the rounds.

Huynh missed out on a chance to wrestle for gold at ExCeL London North Arena 2 when she lost to Japan's Hitomi Obara in the semifinals.

THE CANADIAN PRESS

Carol Huynh grapples with Senegal's Isabelle Sambou on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Thursday's 3 to watch

Women's wrestling

Tonya Verbeek of Thorold, Ont., won a silver in Athens in 2004 and a bronze in Beijing in 2008. She'll look to complete her medal collection as competition gets underway in the 55-kilogram category.
Time: 6:42 a.m.
Channel: Sportsnet

Women's soccer

Abby Wambach and the United States face Japan in the gold medal match at Wembley Stadium in front of possibly the largest crowd ever to watch women play soccer at the Olympics. The Americans have been dreaming of this rematch since losing to Japan at the 2011 World Cup final in Germany.
Time: 12:45 p.m.
Channel: TSN

Men's BMX

Tory Nyhaug of Coquitlam, B.C., finished 20th in the men's seeding run with a time of 39.515 seconds on Wednesday. He'll look to improve in the quarter-finals and finish strong in BMX's first-ever appearance at the Olympics.
Time: 8 a.m.
Channel: Sportsnet

Whitfield broke collarbone in crash

Simon Whitfield before the swim portion of the men's triathlon on Tuesday.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Injuries. Two-time Olympic medallist also needed stitches in big toe, and hurt knees and shins in tumble

Simon Whitfield broke his collarbone when he crashed on his bike in Tuesday's Olympic triathlon.

The 37-year-old from Victoria said via Twitter that it's a "small break, not displaced."

Whitfield was forced to drop out of Tuesday's race after he crashed spectacularly in a freak accident early in the bike leg.

In addition to the broken collarbone, Whitfield needed stitches in his big toe. He said his knees and shins were also banged up in the crash.

Whitfield, the Olympic champion in 2000 and silver medallist in 2008, was considered a medal longshot in London. He was Canada's flagbearer at the opening ceremony.

Kayaker Adam van Koeverden, who won a silver medal Wednesday, said Whitfield had planned to come see him race but had to instead have an X-ray.

"I was crying (Tuesday)," van Koeverden said of watching the race. "I was allowing myself to cry, because it was a healthy expression of emotions. I didn't really cry until I saw a picture of (daughter) Pippa and (wife) Jennie. Because I know them both really well and Jennie is the stalwart of that family. She holds everything down and she does so much work.

"Simon's run, bike, swim and Jennie's like diapers, laundry, daycare, cooking."

A tear ran down van Koeverden's face as he was speaking.

Van Koeverden wanted to honour Whitfield, who had put van Koeverden's name on his handlebars, by putting the triathlete's name on his boat for the final.

"I didn't have a marker so I just wrote it with my finger on my (boat) deck," van Koeverden said at the canoe-kayak venue outside of Windsor. "And I thought, this one's for the Whitfield legacy."

THE CANADIAN PRESS

Quoted

"He deserved more (Tuesday). He would have run with those guys, I'm certain."

Kayaker Adam van Koeverden on his friend, triathlete Simon Whitfield. Van Koeverden had high hopes for Whitfield's chances in the race.

Warner thrives through five in decathlon

London, Ont., native Damian Warner competes in the long jump event in the men's decathlon at Olympic Stadium in London on Wednesday. Warner's 4,386 points were good enough for third place after five events. American Ashton Eaton sat in first after Day 1 with 9,039 points, a 220-point advantage over countryman Trey Hardee, who sits second. MATT DUNHAM/THE ASSOCIATED PRESS

Volleyball

Defending champs spiked out of London by Italy

The defending Olympic champion U.S. men's volleyball team was eliminated from the London Games with a straight-set quarter-final loss to Italy on Wednesday.

The fifth-ranked United States struggled to defend Italian captain Cristian Savani, who had 19 points in the 28-26, 25-20, 25-20 victory for the sixth-ranked Italians.

U.S. setter Donald Suxho bent over with his hands on his knees and shook his head as Italy celebrated the win at Earls Court. And after congratulating the Italians, the Americans turned to applaud the many U.S. fans in the crowd.

The United States won the gold medal in Beijing, upsetting favourite Brazil 3-1. It was their third gold in men's volleyball, which became an Olympic sport in 1964. Russia is the only other nation with three golds.

Italy has never won the Olympic gold, but the team has won silver twice, most recently at the 2004 Athens Games. THE ASSOCIATED PRESS

Track and field. Usain Bolt strikes for easy win in 200-metre semifinal heat

Usain Bolt is one victory away from becoming the first man to repeat as double Olympic sprint champion and reaching his ambition of becoming a "living legend" after he qualified for the 200 metre-final.

On a balmy, clear Wednesday night, Bolt joked as he got into the blocks, laughed when he crouched into the blocks and then sped away for a controlled race, which he finished by almost jogging across the line. His win exuded as much confidence as his victory in the 100 on Sunday.

This time, too, everything is set for a direct duel with his training partner Yohan Blake, the silver medallist in the 100.

Usain Bolt runs in the semifinals of the men's 200 metres Wednesday.
CLIVE BRUNSKILL/GETTY IMAGES

The 100 should have been the tough part for Bolt where his starting jitters have been an issue. The 200 is his preferred distance and it showed. He made a military-style salute when he was announced to the crowd, reggae music blaring in the background. After his race, he applauded another capacity crowd of 80,000 at the Olympic Stadium.

Blake had the fastest time with 20.01 seconds, compared with 20.18 for Bolt.

"It's the 200 metres and we are both full speed tomorrow," Blake said. "Anything can happen."

After Thursday's 200 final, Bolt still has the weekend relays coming up.

THE ASSOCIATED PRESS

Day 12 results

MEDAL STANDINGS

216 of 302 total medal events

Nation	G	S	B	Tot
United States	34	22	25	81
China	36	22	19	77
Russia	11	19	22	52
Britain	22	13	13	48
Germany	7	15	10	32
Japan	4	13	14	31
France	8	9	11	28
Australia	5	12	9	26
South Korea	12	7	6	25
Italy	7	6	4	17
Netherlands	5	4	6	15
Canada	**1**	**4**	**9**	**14**
Hungary	6	2	3	11
New Zealand	3	2	5	10
Brazil	2	1	7	10
Belarus	3	2	4	9
Ukraine	3	0	6	9
Spain	2	6	1	9
Romania	2	5	2	9
Denmark	2	4	3	9
Kazakhstan	6	0	2	8
Iran	4	3	1	8
Poland	2	1	5	8
Cuba	3	3	1	7
Sweden	1	3	3	7
Jamaica	2	2	2	6
Czech Republic	1	3	2	6
North Korea	4	0	1	5
Kenya	1	2	2	5
Colombia	0	3	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Azerbaijan	0	2	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ATHLETICS

Men's 200m — Semifinals — Jared Connaughton, Charlottetown, P.E.I., finished seventh in heat one and failed to qualify with a time of 20.64. Aaron Brown, Toronto, finished fourth in heat two and failed to qualify with a time of 20.42.

Men's 5000m — First Round Qualifying — Cameron Levins, Black Creek, B.C., finished in eighth in heat two and qualified with a time of 13:18.29.

Men's Javelin — Qualifying — Curtis Moss, New Westminister, B.C., finished 13th and failed to qualify with a distance of 78.22.

Women's 800m — First Round Qualifying — Jessica Smith, North Vancouver, B.C., finished second in heat three and qualified with a time of 2:07.75. Melissa Bishop, Eganville, Ont., finished sixth in heat five and failed to qualify with a time of 2:09.33.

Women's 1500m — Semifinals — Hilary Stellingwerff, London, Ont., finished sixth in heat one and failed to qualify with a time of 4:05.57. Nicole Sifuentes, Winnipeg, finished 11th in heat two and failed to qualify with a time of 4:06.33.

Women's Hammer Throw — Qualifying — Sultana Frizell, Perth, Ont., finished in 14th in group one with a distance of 67.45 and failed to qualify. Heather Steacy, Lethbridge, Alta., finished 17th with a distance of 63.40 and failed to qualify in group two..

DECATHLON

Men's 100m — Damian Warner, London, Ont., finished in third with a time of 10.48 in heat three.

400m — Warner finished third in heat four with a time of 48.20.

Long jump — Warner won group two with a distance of 7.54.

Shot Put — Warner finished 10th with a distance of 13.73.

High Jump — Warner won group two with a height of 2.05.

Cumulative Ranking — Warner sits in third place heading into the second day of competition with 4386 points.

CANOE-KAYAK

Men's Kayak Singles 1000m — A Final— Adam van Koeverden, Oakville, Ont., won a silver medal with a time of 3:27.170.

Men's Canoe Singles 1000m — A Final — Mark Oldershaw, Burlington, Ont., won a bronze medal with a time of 3:48.502.

Men's Kayak Doubles 1000m — B Final — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fourth with a time of 3:18.550.

CYCLING

Men's BMX — Tory Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39.515.

DIVING

Women's 10m Platform — Preliminary — Meaghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified with a score of 314.85.

EQUESTRIAN

Individual Jumping — Ian Millar, Perth, Ont., and his horse Star Power finished in a tie for ninth (11, 4; 7, 4), 8.

SAILING

49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, finished in 17th (162).

WRESTLING

Women's Freestyle — 48Kg — Carol Huynh, Calgary, defeated Isabelle Sambou, Senegal, 1-0, 3-0, Points to win a bronze medal.

Women's Freestyle — 63Kg — Martine Dugrenier, Laval, Que., lost to Battsetseg Soronzonbold, Mongolia, 2-0, 1-0, Points in the bronze medal match.

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.

GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.

GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

MEN

QUARTERFINALS
Wednesday, Aug. 8
Russia 83, Lithuania 74
Spain 66, France 59
Argentina 82, Brazil 77
United States 119, Australia 86

SEMIFINALS
Friday, Aug. 10
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Make life easy for yourself today. Go with the flow and make the most of opportunities as and when they arrive. If you can do that then everything will be all right with your world.

♉ Taurus
April 21 - May 21
Today's cosmic alignment warns that if you have any doubts about what you are being asked to get involved with, it might be best to opt out. Your colleagues may not be happy but it's your happiness that counts.

♊ Gemini
May 22 - June 21
No matter how confident you may be of your own abilities, a lot still depends on other people, so don't take anything for granted. Make sure you can tell the difference between a calculated risk and a foolish one.

♋ Cancer
June 22 - July 23
You can sense changes are good for you and, as usual, your instincts are spot on. The readier you are to embrace the future, the quicker you will arrive at a place where your future is secure.

♌ Leo
July 24 - Aug. 23
A few words of encouragement from you could be all it takes to change a friend's day from a bad one into a great one. Maybe you don't realize it but your positive take on life is infectious — in a very good way.

♍ Virgo
Aug. 24 - Sept. 23
People know you can be a bit controversial at times but what you say today will antagonize a lot of people. Good. They need to be told that life is what it is, not what they wish it might be.

♎ Libra
Sept. 24 - Oct. 23
It's not true that every Libra is indecisive and you will go out of your way to prove it today. Something needs dealing with, something that you are best positioned to handle. Seize the initiative.

♏ Scorpio
Oct. 24 - Nov. 22
Just because some of the people you live and work with see things differently to you does not mean they are stupid — although it does not mean they are not either! Treat them and their opinions with respect today.

♐ Sagittarius
Nov. 23 - Dec. 21
Yes, you must stand up for your rights, but you also need to find ways to get along with other people, especially on the work front where no one will make progress unless you all progress together. Let them know that.

♑ Capricorn
Dec. 22 - Jan. 20
The planets indicate that the challenges you face over the next 24 hours are the final hurdles in your quest to do something important, so don't give up now. You are so close to the breakthrough you have been dreaming of.

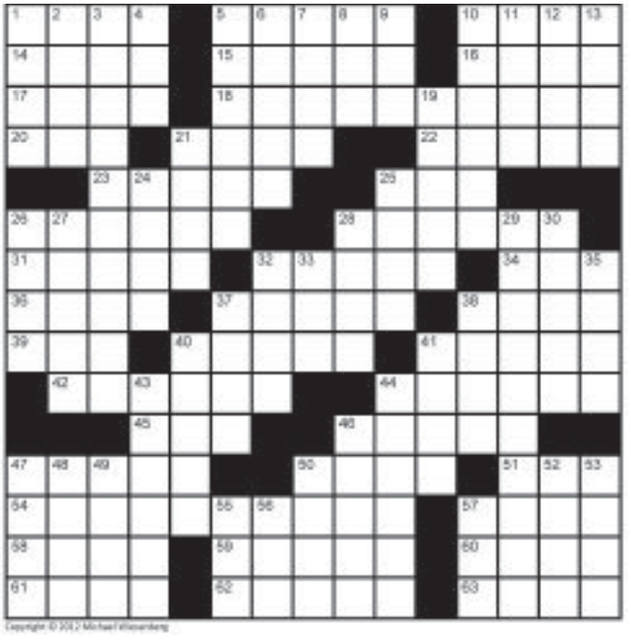
♒ Aquarius
Jan. 21 - Feb. 19
People in positions of power have been watching you closely and like what they see, so expect an offer of some kind to come your way over the next few days. Take it before one of your rivals does.

♓ Pisces
Feb. 20 - March 20
It does not matter how hard the task you are about to undertake happens to be, you will make a resounding success of it.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



Across
1. Where to find Memphis: abbr.
5. BC neighbor to the south
10. Alder or aspen
14. Persia, now
15. Grass cutter
16. Beneficiary of a will
17. Underground digging workplace
18. 55-Down animals (2 wds.)
20. Beaufort ___: body of water north of 55-Down
21. Easter entrees
22. Empty, as an apartment
23. Celebrities
25. BMO competitor
26. BC-born *Baywatch* babe Anderson
28. Edmonton team
31. By oneself
32. Hat-trick number
34. Fall mo.
36. High tennis shots
37. Clothing tag
38. "As ___ as the driven snow"
39. *Grease* band ___ Na Na
40. Flies alone
41. Bread bun that's boiled and baked
42. Circle in Canada's north
44. ___ McAdams: London, Ontario-born *Wedding Crashers* star
45. Certain batteries
46. Apple centre remover
47. Call off, in NASA-speak
50. Box office disaster
51. Exchanged vow (2 wds.)
54. Canadian or ___ Shield
57. Saskatchewan neighbor to the south: abbr.
58. Countenance
59. "___ side are you on?"
60. Crème ___ crème (2 wds.)
61. Like a barbecue pit
62. Irritable
63. Carnivore's quarry

Down
1. Canada's quintessential coffee and donut place, familiarly
2. A Great Lake
3. Canadian ice cream cookie treat (2 wds.)
4. SSW opposite
5. African antelope or Chevrolet
6. Unhappy ends
7. Belt-hole makers
8. "Isn't ___ bit like you and me?": Beatles (2 wds.)
9. Canadian-born hockey great Bobby
10. From that point on
11. Actual
12. Ireland
13. Formerly
19. BC-born pop singer Michael
21. Excavation
24. Animal lairs
25. Manitoba's Louis ___
26. Buddies
27. Hawaiian greeting
28. They come from 17-Across
29. Saskatchewan team member
30. Mountainside debris
32. After-bath powder
33. *The Sopranos* home
35. Snitch
37. ___ Maxwell: Kitchener-born Miss Moneypenny player in many Bond movies
38. Footstep
40. Aver
41. Cutting remark
43. Newmarket, Ontario-born star Jim of *The Mask*
44. US presidential candidate Mitt
46. Canada's East or West ___
47. ___ Romeo: Italian sportscar
48. Lambs' laments
49. "That hurt!"
50. Book jacket blurbs, essentially, in short
52. Broad lowland
53. Rubber-stamp
55. 42-Across site: abbr.
56. Article that often comes before 57-Down
57. Official Parliament opposition

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			4			7		
3	9						4	
		8			6		2	
	3	4	7	5			1	
1								9
	5			2	4	3	8	
	7		5			9		
	6						3	8
		9			1			

Yesterday's Sudoku

7	4	5	8	6	2	9	1	3
8	1	2	3	9	7	6	4	5
9	6	3	1	4	5	2	8	7
5	9	1	4	8	3	7	6	2
4	3	7	6	2	9	1	5	8
6	2	8	9	7	1	3	5	4
3	5	6	7	1	4	8	2	9
2	8	4	5	3	9	5	7	1
1	7	9	2	5	8	4	3	6

Sharability

easy hard

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$100 = Feed a mother and child for five months

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